Lance Armstrong ... the film

Put out the casting calls: J.J. Abrams is reportedly set to produce a biopic of the disgraced cyclist PAGE 8

POMP IT UP

BARACK OBAMA IS SWORN IN TO HIS SECOND PRESIDENTIAL TERM, WITH A BIG BASH TO FOLLOW ON MONDAY PAGE 3

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Monday, January 21, 2013

News worth sharing.

Soccer stars Sinclair, Kyle draw huge crowd

Inspirations.
Olympians kick the ball around with adoring young fans

MORGAN MODJESKI
Metro in Saskatoon

Saskatchewan soccer fans from near and far were in Saskatoon on Sunday afternoon to get a glimpse of — and maybe an autograph from — two of Canada's soccer stars: Kaylyn Kyle and Christine Sinclair.

Kyle and Sinclair, who were both on Canada's bronze-medal-winning soccer team at the 2012 Summer Olympics in London, were in Saskatoon for the reopening of Xtratime Sports Soccer Locker. But before kicking off the grand reopening, they hit the field for a friendly match against local Saskatchewan soccer players in an exhibition game at the SaskTel Sports Centre.

Kyle said it was a positive experience taking to the field with some of her younger fans.

"It's great to see the youth really excelling," said Kyle. "I honestly can say that I could see some of them at a national-team level. When that will be, who knows, but as long as they keep working hard, I'm really excited for them."

Sinclair, who is currently captain of Canada's national team, said any time she travels is a chance to inspire more female soccer players.

"They're the future of this country on the national stage and anytime we can get out there and interact with them, hopefully they can realize their dreams can come true," said Sinclair at the Xtratime reopening.

In the lineup wrapping around Xtratime was 15-year-old Brooklyn Cockburn, a young soccer player who travelled to Saskatoon from North Battleford to get a glimpse of Sinclair.

"I watch her all the time and she's my favourite woman's soccer player, so that's why I'm here," said Cockburn.

When asked how it feels to know she might be meeting Sinclair, she answered, "Really good. It makes me feel like I want to be like her someday."

Your belly will thank you

Enjoy tender and crisp oven-baked potato wedges that cut the fat PAGE 10

Saskatoon native and Olympic bronze medallist Kaylyn Kyle, left, poses for a photo with teammate Christine Sinclair, captain of Canada's national women's soccer team, at the SaskTel Sports Centre in Saskatoon on Sunday afternoon. MORGAN MODJESKI/METRO IN SASKATOON

NEWS 1

A Wedding Expo inspires future husbands and wives

The wedding planners. Annual one-day bridal expo is city's biggest

JEFF MACKEY
jeff.mackey@metronews.ca

While the dead of winter may not be the most popular time for weddings, nuptials were on the minds of many Reginans on Sunday when A Wedding Expo opened its doors at the Conexus Arts Centre.

The annual one-day event is Regina's biggest bridal expo, and brides-to-be, future grooms, friends and family were out in force to get some ideas for their future weddings.

Willeke Bennen, 22, and Steve Glass, 22, will be getting married in October; they were impressed with the selection on Sunday.

"There is lots of information here and lots of good deals," said Bennen. "I went last weekend to the one in Moose Jaw, and this one is way bigger."

Bennen said she attends the expos for inspiration for her big day, not necessarily to buy anything.

"I am just here for ideas more or less; there are a few things here, there is some great jewelry, and we saw some nice tuxes for the guys," said Bennen.

For the $30 ticket price, attendees could walk around the many shops and attend the bridal fashion shows.

Advice

Talking hot in the winter cold

So what is hot this year in bridal fashion?

"Lots of lace, I would say — that is really popular — as well as the mermaid style, or flare people call it, where it is fitted to the waist but sort of flowing out," said Leslie Toms of NWL Contemporary Dresses in Regina.

Any advice for women looking for the perfect wedding dress?

"Be as open-minded as possible. Try on as many different styles as you can because inevitably it will be something that you don't expect that you end up liking," said Toms.

Tara Lee, who is engaged to be married, and her friend Kayla peruse the flowers at A Wedding Expo in the Conexus Arts Centre. JEFF MACKEY/METRO

Zombie prep camp set for Saskatchewan

A zombie from Regina's Zombie Walk in September. JEFF MACKEY/METRO

Zombies, zombies everywhere.

"On the prairies you can see them coming from far away; you need to get the high ground and a pair of binoculars," said Matt Drackett, camp director and CEO of Zombie Prep Canada. "Always have an escape route planned and have loads of provisions."

That advice is on the house, but if you really want to know how to survive a zombie apocalypse, then you may want to attend the Zombie Prep Camp in Lumsden from May 17 to 20.

"We are bringing in hunters and outdoor specialists and we are bringing in military instruction for some of the survival tactics," said Drackett.

End of days?

"I am not a nut. I don't believe the apocalypse is coming, but it is a fun camp, it's different."

Matt Drackett, camp director and CEO of Zombie Prep Canada

But this camp is not some carefree romp — it will tax you physically and psychologically, says Drackett.

"We are going to have a psychologist there, talking about the need for decisive action and separating from your feelings when it comes to taking out former loved ones," said Drackett. "There is a big fitness aspect as well; there will be a lot of fitness drills and there will be a skilled obstacle course at the end."

Still Drackett isn't taking his camp too seriously.

"I am not a nut," said Drackett. "I don't believe the apocalypse is coming, but it is a fun camp, it's different, you've seen nothing like it and if you miss it you'll have wished you went."

A spot in the camp will cost you $375 for the weekend. Go to zombieprepcamp.com for details. JEFF MACKEY/METRO

Nite Hawk

Is the theatre really dead?

Residents of Indian Head are trying to raise $1 million to keep the Nite Hawk Theatre — first opened in 1904 — alive. The owner can't afford new digital equipment, so the historic building is up for sale.

THE CANADIAN PRESS/CTV REGINA

Rainbow Youth Centre

Raise the Roof tuques combat homelessness

On Tuesday the Rainbow Youth Centre will be selling tuques as part of the Raise the Roof campaign, a national charity that raises funds to address the issues surrounding homelessness in Canada.

Tuques will be on sale at the F.W. Hill Mall until 5 p.m. and at the University of Regina's Riddell Centre until 2 p.m.

Raise the Roof tuques can be bought for a minimum donation of $10, and 50 per cent of the funds will be put towards the Rainbow Youth Centre's Youth Express housing program. METRO

Psychiatric hospital

Police investigate inmate death

Police are investigating the death of an inmate in a Saskatoon psychiatric hospital.

A 36-year-old woman was found unresponsive in her cell Sunday morning shortly after midnight at the Regional Psychiatric Centre.

The centre is a forensic hospital run by Corrections Canada.

The woman was rushed to hospital but was pronounced dead shortly after.

No foul play is suspected.

However, because the deceased was an inmate in custody, her death will be investigated by both the coroner's office and Saskatoon police.

THE CANADIAN PRESS

‘Numerous’ bodies found during search of gas plant

Algeria kidnapping.
Recording of head kidnapper shows militants wanted to organize a prisoner swap with authorities

Algerian bomb squads scouring a gas plant where Islamist militants took dozens of foreign workers hostage found “numerous” new bodies on Sunday as they searched for explosive traps left behind by the attackers, a security official said, a day after a bloody raid ended the four-day siege of the remote desert refinery.

The official, who spoke on condition of anonymity because of the situation’s sensitivity, said the bodies were badly disfigured and difficult to identify.

“The bodies could be either Algerian or foreign hostages,” he said.

Algerian special forces stormed the natural gas complex in the Sahara desert on Saturday to end the standoff, and the government said all 32 militants were killed. Earlier Sunday, Algeria’s chief government spokesman said he feared the death toll of hostages — which stood at 23 on Saturday — would rise as the special forces teams finished their search.

American Frederick Buttaccio, a Texan, was among the dead. U.S. officials told The Associated Press Buttaccio’s remains were recovered Friday.

They said the militants came from six countries and were armed to cause maximum destruction. Sonatrach, the Algerian state oil company running the Ain Amenas site along with BP and Norway’s Statoil, said the entire refinery had been mined.

“They had decided to succeed in the operation as planned, to blow up the gas complex and kill all the hostages,” said Communications Minister Mohamed Said, speaking in a state radio interview.

In this undated photo, men look at the wreckage of a vehicle near Ain Amenas, Algeria. British Prime Minister David Cameron said Sunday that three Britons were killed and another three are believed dead, along with a foreigner who was living in Britain, after Islamist militants seized a gas plant in the remote region. ECHOROUK ELYAOUMI/THE ASSOCIATED PRESS

The American government has warned that there are credible threats of more kidnapping attempts on Western-ers in Algeria.

With few details emerging from the remote site of the gas plant in eastern Algeria, it was unclear whether anyone was rescued in the final operation, but the number of hostages reported killed Saturday — seven — was how many the militants had said that morning they still had.

THE ASSOCIATED PRESS

Blowback

Arab spring a catalyst for conflict?

The terrorist attack on an Algerian natural gas plant that left dozens of hostages and militants dead has demonstrated how a failing Algerian insurgency transformed itself into a regional threat, partly by exploiting the turmoil unleashed by the Arab Spring revolts.

Al-Qaida’s branch in Algeria retreated into a Sahara no-man’s land between Mali, Algeria and Mauritania after it was largely defeated by the Algerian army in a 10-year war in the 1990s that claimed 200,000 lives. There it grew rich on smuggling and hostage-taking, gained new recruits and re-emerged stronger than ever, armed with looted high-tech weapons from Libya’s 2011 civil war.

The assault last Wednesday by a multinational band of Islamists shows how long-simmering ethnic tensions in Mali, a civil war in Algeria and a revolution in Libya have combined to create a conflict spanning both North and West Africa.

THE ASSOCIATED PRESS

Obama sworn in to 2nd term

A still-popular Barack Obama took the presidential oath of office for a second term on Sunday, facing a troubled future, but hoping to leave behind a battering four years at the helm of a government mired in ugly political division.

When Obama first took office as the 44th U.S. president, many Americans hoped the symbolism of the first black man in the White House was a turning point in the country’s deeply troubled racial history. Obama vowed to moderate the partisan anger engulfing the country, but the nation is only more divided four years later.

Obama was sworn in during a brief ceremony with his family in the White House Blue Room, meeting the legal requirement that presidents officially take office on Jan. 20. Because that date fell on a Sunday this year, the traditional ceremonies surrounding the start of a president’s term were put off to Monday, which coincides this year with the celebration of civil-rights leader Martin Luther King Jr.’s birthday.

U.S. President Barack Obama is officially sworn in by Chief Justice John Roberts in the Blue Room of the White House during the 57th presidential inauguration in Washington, Sunday. LARRY DOWNING/THE ASSOCIATED PRESS

THE ASSOCIATED PRESS

New Mexico shooting

Teen boy charged with murder of five people

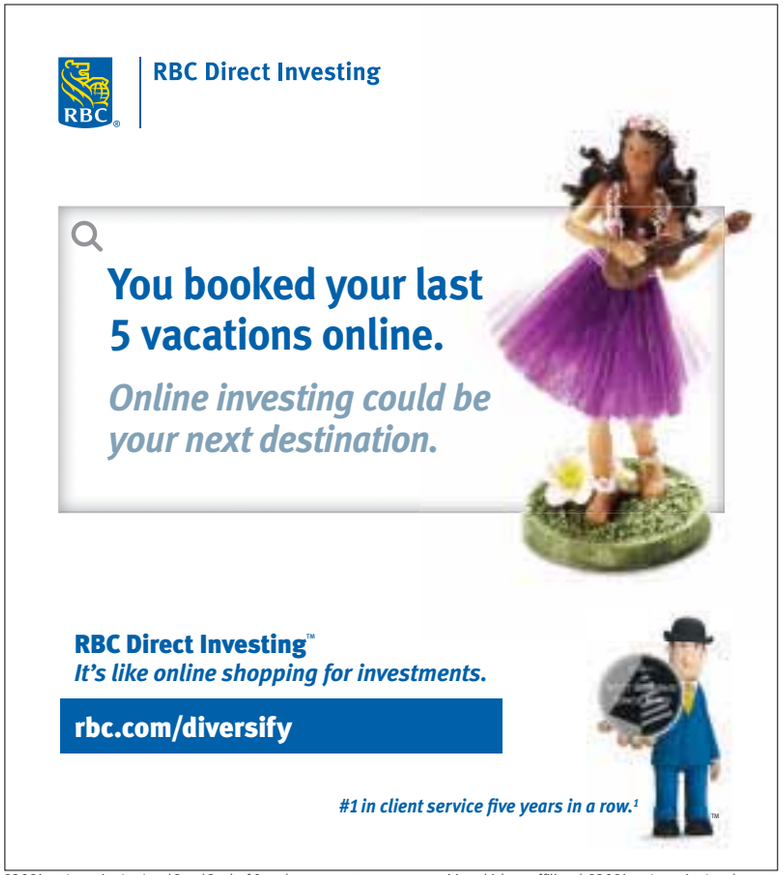
A 15-year-old boy remained in custody Sunday night as detectives tried to piece together what led to the shooting of five people, including three young children, who were found dead in a New Mexico home.

The teenager was arrested on murder and other charges in connection with the shootings, which happened Saturday night at the home in a rural area southwest of downtown Albuquerque, said Lt. Sid Covington, a sheriff’s spokesman.

Detectives did not immediately release the victims’ names, but word of the shootings travelled quickly through the law enforcement community and officials began offering their condolences for Greg Griego, a spiritual leader known for his work with firefighters and the 13 years he spent as a volunteer chaplain at the county jail.

“Chaplin Griego was a dedicated professional that passionately served his fellow man and the firefighters of this community,” Fire Chief James Breen said in a statement. “His calming spirit and gentle nature will be greatly missed.”

Jail Chief Ramon Rustin said Griego was instrumental in the creation of the Metropolitan Detention Center’s chaplain program, and worked to get inmates integrated back into the community. THE ASSOCIATED PRESS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Culturally sacred. B.C. woman wants law changed over masks' sale

A native dancer wears a cedar mask in a handout photo. THE CANADIAN PRESS

The recent sale of two cedar masks considered culturally sacred to a Vancouver Island First Nations family has prompted a university instructor to ask the provincial government to change the law affecting cultural property.

Members of Port Alberni, B.C.'s Hamilton and Sayers families say they plan to strip the family member who sold the "hinkeets" of her royal title and cultural responsibilities at an upcoming ceremony, shedding light on the internal disciplinary proceedings practised by First Nations for generations.

The masks were more than 100 years old, depicted male and female serpents and had been passed down along the maternal lines of the family for safekeeping. But they were auctioned off in November to an unknown buyer for $4,000 and $22,500.

THE CANADIAN PRESS

Restrictions. Requests for Royal Prerogative of Mercy on the rise

New restrictions on the granting of criminal record suspensions, or pardons, are causing more former convicts to seek clemency under the rarely used Royal Prerogative of Mercy, according to the Parole Board of Canada.

In fact, the federal agency has posted an "Important Notice" on its website to discourage clemency applications, which it notes are "only granted in exceptional circumstances."

"If you are ineligible for a record suspension, or the board has refused to order a record suspension in your case, it is highly unlikely that you will qualify under RPM," cautions the board.

There are currently 79 active clemency applications in the pipeline, according to Parole Board spokeswoman Caroline Douglas.

That's up from 58 in the system last March, when the board's 2011-12 annual report noted it more typically handles about 20 applications a year.

THE CANADIAN PRESS

Quote

"The benefit of the program addresses instances of substantial injustice and instances of undue hardship."

According to the Parole Board's annual report

Mexico. Family of Canadian accused in Gadhafi smuggling braces for worst

The family of a Canadian woman accused of trying to smuggle the son of late Libyan dictator Moammar Gadhafi into Mexico says her case is approaching a crucial turning point.

Cynthia Vanier, who's been sitting in a Mexico prison for more than a year, is currently waiting to make her closing statement before a judge, who will then decide whether to send the case to trial or drop the charges against her.

The mother of the 53-year-old Canadian is fervently hoping for the latter, which would secure Vanier's release and allow her to return to Canada. But she's bracing for the worst.

"I always now go for the extremes, because that seems to be how they do it," 73-year-old Betty MacDonald said from her home in Brampton, Ont.

"There's been a couple of times when we've been led to believe that she could be released momentarily, and then the decision comes down and it doesn't happen, and the fall is just too great. So we just don't go there anymore."

Vanier, originally from Mount Forest, Ont., was arrested in Mexico in November 2011 and charged in February. Since then she has been behind bars. THE CANADIAN PRESS

Federal candidates, from left, Justin Trudeau, Martin Cauchon, Karen McCrimmon, Joyce Murray, Martha Hall Findlay, George Takach, Deborah Coyne, David Bertschi and Marc Garneau. PHYLICIA TORREVILLAS/METRO

Liberal candidates keep debate civil

Federal race. Need to rebuild the party tempers infighting

EMILY JACKSON
Metro in Vancouver

The gloves remained on at the Liberal leadership debate Sunday as the nine candidates took jabs at Prime Minister Stephen Harper — and occasionally the NDP — instead of each other.

With so many vying for the top spot, no candidate stood out as the favourite as they politely debated electoral reform, aboriginal issues, housing and the environment in front of more than 900 supporters at a Vancouver hotel.

Perceived frontrunner MP Justin Trudeau even escaped direct attack, save for Vancouver MP Joyce Murray questioning how he planned to beat Harper without one-time co-operation with the NDP.

Murray, the only West Coast candidate, was the sole contender to support running either a Liberal or a NDP candidate in ridings where they could split the vote such as Calgary Centre.

"Canada is too important to let Stephen Harper win in 2015," she said.

Yet Karen McCrimmon, a retired Canadian Forces lieutenant colonel, said co-operation would be a "Band-Aid" solution when the Liberals need to earn back trust.

Idle No More questions prompted former MP Martha Hall Findlay and lawyer Deborah Coyne to say they would repeal the Indian Act, with former Quebecois MP Martin Couchon and Canada's first astronaut Marc Garneau promising engagement and dialogue with First Nations.

Ontario lawyer David Bertschi jokingly took Garneau to task for touting his time in space, noting he had his "feet firmly planted on the ground" regarding the environment. Technology lawyer George Takach promoted innovative technology to help the environment.

Both Garneau and Hall Findlay defined themselves as frontrunners. A recent poll suggested Liberal support in B.C. would skyrocket to 32 per cent from 11 per cent should Trudeau take the helm.

Trudeau spoke of the challenges the Liberal party faces and his plan to engage a "new generation" in politics.

Four more debates will be held before the party chooses a leader on April 14.

Total warfare

"Canada is too important to let Stephen Harper win."

Vancouver MP Joyce Murray, remarking that co-operation with the NDP may be necessary to stop a 2015 Tory victory

Canada's largest veterans centre under review

In this file photo Dorothy Burnell, 86, talks to her husband George Burnell, 92, at Sunnybrook's Veterans Centre in Toronto. COLIN PERKEL/THE CANADIAN PRESS

In an effort to come to grips with a series of complaints about its quality of care and how those complaints are dealt with, the country's largest veterans facility has called in an outside expert to look at the situation.

The review of the Sunnybrook Veteran's Centre this week comes in addition to an official audit by the federal government that is currently underway.

The new audit will focus on those beds funded by Ontario's Ministry of Health — a cost of about $29.2 million a year — but has disavowed any responsibility for oversight of the centre.

The review, which begins this week, is being carried out by Karima Velji. The senior executive at Baycrest, a prominent research hospital focused on the elderly, is also an assistant nursing professor at the University of Toronto.

"We would like you to focus on quality of care in the provincially funded chronic-care beds, with an in-depth focus on the processes used to resolve complaints," Sunnybrook's executive vice-president Malcolm Moffat said in a letter to Velji.

In a series of articles in recent months, The Canadian Press highlighted concerns raised by relatives and attendants about what they see as serious deficiencies in the basic care of the most frail of the 500 veterans at the centre.

Complaints include delayed feedings, rough handling, residents left languishing in hallways or bed, unsanitary conditions and unexplained injuries. Relatives said Sunnybrook was dismissive of, or hostile to, their efforts to raise concerns.

THE CANADIAN PRESS

Celebrities flash some cheek for views on Keek

Social media. Canadian video microblogging service attracts bevy of Kardashians — not to mention JWoww's butt

A Canadian social-media start-up company is hoping to become the Twitter of video.

With Toronto-based Keek, users can watch and send short video clips of up to 36 seconds and label them with descriptions of up to 111 characters.

"The original idea was to use video ... as a form of communications with your social network, kind of like a social microblogging video platform," says CEO Isaac Raichyk.

"It's just long enough for somebody to tell a story but short enough for people who watch and digest a lot of videos."

The service has caught the attention of some high-profile celebrities, including Kim Kardashian, her sisters Khloe and Kourtney, and her half-sisters Kendall and Kylie Jenner. They all are among the most viewed and followed users on Keek, which means "a peek or glance", according to Oxford.

Other active users include rappers 2 Chainz and Soulja Boy, Jersey Shore star Jenni "JWoww" Farley and Pretty Little Liars stars Ashley Benson and Canadian Shay Mitchell.

JWoww racked up nearly 400,000 views each for two different videos responding to a recent bit of bad publicity. While co-hosting MTV's New Year's show in New York City, photographers snapped a few unflattering shots of her short dress riding up, which were quickly posted to gossip sites online.

She posted her response to Keek, in which she appears in her underwear and high heels.

THE CANADIAN PRESS

By the numbers

15M

Keek says it has grown to have 15 million monthly unique users, totalling 75 million monthly visits. Four million user-generated videos are posted every month.

Quick! To the $4.2-million Batmobile!

Just how valuable is the Caped Crusader's ride? The original Batmobile from the 1960s television series Batman, shown in Los Angeles in this October 2012 photo, sold at auction Saturday for $4.2 million US to an undisclosed bidder. The car's owner, famed auto customizer George Barris, transformed a one-of-a-kind 1955 Lincoln Futura concept car into the sleek crime-fighting machine that was used in the series that starred Adam West. On the show, the 19-foot-long, bubble-topped car boasted lasers and a Batphone and could lay down smoke screens and oil slicks. COURTESY BARRETT-JACKSON/GEORGE BARRIS/THE ASSOCIATED PRESS FILE

NEED A RIDE?
Read metrodrive every Wednesday.

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CITY ADMINISTRATION'S PROPOSED 2013 BUDGET

Budget in Brief

City of Regina | REGINA Infinite Horizons

Capital and operating budgets

To continue investing responsibly and building a sustainable future, City Administration is proposing a 4.45 per cent mill rate increase.

Highlights

- $69.2 M for Regina Police Services operations (as recommended by the Board of Police Commissioners)
- $54.8 M in construction, repairs and maintenance for roads, bridges and alleys
- $40.3 M for Fire & Protective Services operations
- $18.2 M in managing waste and the landfill
- $17.9 M in maintaining and improving parks and golf courses
- $3.2 M in starting curbside recycling and moving forward with Waste Plan Regina

Water & Sewer Utility budget

The water and sewer budget is funded through the utility. In 2010, City Council approved 9 per cent rate increases for 2011 to 2013.

Highlights

- $38.6 M in operating and upgrading the water system
- $22.7 M for operating and upgrading the wastewater treatment plant and wastewater collection system
- $15 M for maintaining and upgrading the drainage system

With the proposed mill rate and approved water rate increases, the City's budget for 2013 will be $566 million.

The Administration's budgets will go to Executive Committee on Monday, January 21. The budgets will then be tabled at Council and will go back to Council for approval in February. These meetings all take place at 5:30 p.m. in Henry Baker Hall at City Hall.

Residents are welcome to attend. To appear as a special delegation, please call 777-7262 for details.

See the proposed budgets at **Regina.ca**

HOCKEY NIGHT IN CANADA BELONGS IN SASKATCHEWAN

URBAN COMPASS
Paul Sullivan
regina@metronews.ca

Hockey Night in Canada is back ... finally. In Vancouver, Edmonton, Calgary, Winnipeg, Toronto and Montreal.

Here in Regina, it's on TV along with The Biggest Loser, which is hardly the same.

Anyone who has ever been to an NHL game can testify that TV can't come close to capturing the speed and skill of the players. On TV, they look a bit disorganized and slow. In real life, they are magicians with sticks for wands.

So isn't it time to ask (once again): If Columbus, Ohio, can have an NHL team, why not Saskatchewan? I'm sure nothing could be finer than to be in Carolina, but why not bring the NHL home to a place where the kids start playing the game when they're knee-high to a gopher?

The NHL may not be in Saskatchewan, but Saskatchewan is certainly in the NHL — there are 50 players born in Saskatchewan scattered across the league's 30 teams, including big names Ryan Getzlaf, Scott Hartnell, Jarret Stoll and Jordan Eberle, who together account for more than 500 goals.

Wouldn't it be great if some of these guys could grow up to become stars in their own backyard? I mean, who would prefer Los Angeles to Regina in the middle of January? They'd be lined up to play here.

We've heard all the arguments. Both Saskatoon and Regina are too small to support an NHL fan base; nobody from Columbus or Carolina would pay to watch a team from Saskatchewan; people may travel from all over the province to watch the Roughriders, but that's in the summertime. In the winter, it often ain't a fit night out for man nor beast.

Each of these arguments has a five-hole.

The cities may be comparatively small, but together they represent almost a half-million rabid hockey fans, more than enough to stuff an NHL-sized rink for 41 games a year. The team could alternate home games between Saskatoon and Regina, or Regina could have the football stadium and Saskatoon could have the hockey arena.

Even-Stephen.

As for the Carolina-Columbus preference problem, one is tempted to say: Who cares? But seriously, there are great hockey players on both those teams … and if you give me a minute I'll remember who they are. The point is competitive teams are fun to watch. It doesn't really matter where they're from.

As for classic rivalries, Winnipeg, Calgary, Edmonton and Vancouver all present possibilities as villains. And when the Montreal Canadiens come to town, nothing else will matter, not to mention the other representatives of the original six: Boston, Detroit, Chicago, New York. Even the chronically misspelled Toronto Maple Leafs.

So, why wait for one of those hockey billionaires to spin the wheel? If we're not careful, the next NHL franchise could go to Hamilton or Halifax or ...

It's our turn. Hockey Night in Canada should live here, too.

Ice jump gets frosty reception

EFREM LUKATSKY/THE ASSOCIATED PRESS

Epiphany celebration

Baby, it's cold in the ice hole

A man jumps into an ice hole in the Dnipro River, as others wait for their turn, as part of the celebration of the Epiphany in the town of Vyshgorod outside the capital Kyiv, Ukraine, on Saturday.

Orthodox believers celebrate the holiday of the Epiphany on Jan. 19 and traditionally bathe in holes cut through thick ice on rivers and ponds to cleanse themselves with water deemed holy for the day.

THE ASSOCIATED PRESS

Orthodox Christians

There's method behind madness

The traditions also continued at Moscow's Red Square, at Tyarlevo village just outside St. Petersburg and in Minsk, Belarus.

The religious holiday Epiphany is celebrated by Orthodox Christians according to the Julian calendar on Jan. 19.

Epiphany Day celebrates the baptism of Jesus, which took place in the River Jordan, and is held in Russia, which uses the Julian calendar. Orthodox Christians in Lebanon, Egypt and Syria follow the same tradition based on the Julian calendar. Churches that follow the Gregorian calendar celebrate the feast on Jan. 6. METRO

Online

Watch the video at metronews.ca.

Alzheimer's disease

Brain pacemakers being tested

It has the makings of a science fiction movie: Zap someone's brain with mild jolts of electricity to try to stave off the creeping memory loss of Alzheimer's disease.

And it's not easy. Holes are drilled into the patient's skull so tiny wires can be implanted into just the right spot.

A dramatic shift is beginning in the disappointing struggle to find something to slow the damage of this epidemic: The first U.S. experiments with "brain pacemakers" for Alzheimer's are getting underway. Scientists are looking beyond drugs to implants in the hunt for much-needed new treatments.

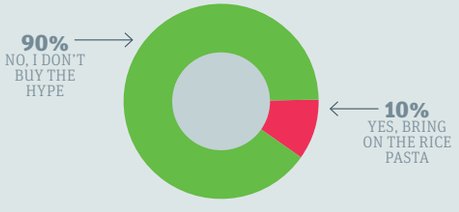
The research is in its infancy. Only a few dozen people with early-stage Alzheimer's will be implanted in a handful of hospitals. No one knows if it might work or how long the effects might last.

THE ASSOCIATED PRESS

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Will you be trying out the gluten-free weight loss diet trend?



Twitter

@Colbsterish: Cold as the cold wind blows #sask

@hosneara_k: @itsRatamon Toronto is so behind! Even sask has a subway and Starbucks drive thru

@J__Rich16: Making the Sask 4-H homepage #accomplishment

@awanner: All these tweets about it being -41 back home, sadly, really makes me miss Saskatchewan. #sask #flatlands #takemehome

@grainguy12: Wind chill warnings across Sask., temperatures dip below -40 C Well it is January in sask! #couldbeworse

@duke_of_pot: No matter what direction you drive in sask youll always have snow blowing across the road

metro
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Girl talk

Interview. Girls stars Allison Williams and Jemima Kirke dish on their characters' sartorial choices, their dorky style moments and finally dressing like adults

TINA CHADHA
Metro World News in New York

Lena Dunham, Jemima Kirke and Allison Williams enjoy a Girls night. GETTY IMAGES

Allison Williams

On Marnie's style: "She leans toward conservative stuff and she makes me look adventurous — although I'm really not. I wish clothes would just fit her better. Any mistakes in fitting are 100 per cent on purpose, though. It's supposed to look like you bought a thing off the rack and it fits the way it fits."

Her personal style: "I like colour a lot. I'm interested in different cuts. I love the way (peplum) looks, but I've also worn more princessy things. Day-to-day, I'm a jeans, boots and oversized sweater girl."

Dorkiest fashion moment: "I went up to Jason Wu at the restaurant Perilla and I just introduced myself to him cold. I was like, 'I understand that it's probably intrusive and you're with your family, but I wanted to say that I think you're a genius.' He was so gracious."

Getting red carpet-ready: "It's really fun. It makes me feel like a princess. I have to rein it in. I recently went into a fitting and there was a rack of clothes of my stuff and there was another rack of fluffy, big gowns and my stylist was like, 'No, Allison. No. You're not a debutante.'"

A whole new kind of access: "I've had the pleasure of cultivating relationships with some designers so I can say, 'Listen, do you have something that I can wear to this thing tonight?' Acting is my first love, but the fact that I get to wear cool clothes and get to know myself better through what I wear in real life, that's such a pleasure."

Her dad, Brian Williams, is her unofficial stylist: "He has a really good eye. He's an esthete and he sees people in the things that he sees in stores. He looks at them and thinks, 'That looks like Allison.'"

Jemima Kirke

Jessa's look is based on her own: "I think it's like a caricature of how I dress in real life or maybe even a way that I used to dress for a minute in my life. Or it might be the way Lena used to look at the way I dressed and how she pictured styling my outfit in her head the next day."

Her personal style: "Well, that's gone out the window since I've had children. I just put on clothes so that I'm not naked during the day. I used to change my outfit maybe once in the day. Now sometimes I have on the same outfit for two days."

Dressing like an adult: "As I start to feel more like an adult, I start to shop at more brand names, which I never did. It was vintage or stuff I had forever or my mother's stuff. But now that I'm getting older, I can't get away with the T-shirt with the hole in it."

Where she shops: "Bird and Smith and Butler, in Brooklyn."

Jessa's bohemian wedding dress: "You know who made that dress? My mom. Don't get me wrong, she didn't sit there and sew it. She has a shop called Geminola in the West Village. Half of it, she designs, and half of it is antique and vintage clothing."

What she's loving: "Chanel made these creeper shoes. They are like a spin on the punk creeper shoe. They're beautiful and awesome but I can't wear them. I'm just not style-conscious like that anymore. I just don't wear statementy things. I don't wear loud things. I just wear what looks nice. I'm not wearing mom jeans, though."

Actor Tim Kang has finally 'got it'

STEPHEN ERAMO
scene@metronews.ca

Actor Tim Kang chuckles when asked about his first professional experience in front of the camera. "It was awful. I played a med tech on a daytime soap and ran into the scene pushing a stretcher. I had one line, something like, 'I've got it,' and, man, oh, man, was I nervous. I had never been on a film set before and was about as green as you could be in the business. I made it through it, though, and can now look back on it fondly, and, in retrospect, laugh about it."

Fortunately, those initial jitters did not get the best of Kang. He went on to appear in a number of stage, feature film and TV roles, including his current series regular gig as Special Agent Kimball Cho in the police procedural drama The Mentalist. Like many TV characters, this one went through some changes prior to the show going into production.

"In the pilot script, Bruno Heller (series creator/executive producer) had really fleshed out the characters to the point where you could sink your teeth into your role and go with it," explains Kang.

"However, he also left a considerable amount to us to kind of craft our own characters and not be totally beholden to his 'creation.'

"Initially, my character's name was Kendall instead of Kimball. He was a family man with kids and a bookworm, but we decided to nix the family thing and make him more of a loner.

Tim Kang is Kimball Cho in The Mentalist. HANDOUT

Michael J. Fox. ALL PHOTOS GETTY IMAGES

Michael J. Fox patches things up with Swift

Michael J. Fox doesn't want Taylor Swift anywhere near his 23-year-old son, Sam, he told Vulture, responding to a joke by Tina Fey about the serial-dating Swift going after Sam during the Golden Globes last week.

"I don't keep up with it all," Fox said. "But Taylor Swift writes songs about everybody she goes out with, right? What a way to build a career."

He admits he wouldn't be able to identify Swift if she did end up at a family dinner on his son's arm, but that the inevitable break up song would tip him off.

"'Sam, You Piece of Sh—.' Oh, that was the girl you brought home," he jokes.

But Swift has apparently been able to patch things up with the Fox clan rather quickly. "Hey everybody, Michael J. Fox got in touch with me today and we are good. Thank you for having my back," she tweeted.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

J.J. Abrams and Armstrong make the perfect pair?

THE WORD
Dorothy Robinson
scene@metronews.ca

Lance Armstrong and Hollywood have always been pretty tight.

He and the puppy-eyed Jake Gyllenhaal would go bike riding together; he's been buds (and Austin neighbours) with Matthew McConaughey for years, and the guy was even engaged to Sheryl Crow.

But now it looks like Hollywood — where liars and cheats usually thrive — is turning its tanned back on the disgraced cyclist.

After his bombshell interview with Oprah, stars took to Twitter to express their disdain.

Carson Daly tweeted, "He is a cheater and liar. I'm embarrassed that I was such a fan for so long."

Meanwhile, Seth Meyers joked, "Say what you will, he's still the Lance Armstrong of d-ckheads."

Perhaps Piers Morgan was just bitter that Oprah got the interview over him when he wrote, "The fact @lancearmstrong admits he had to look up what the word 'cheat' means, says all you need to know about the man. #LiveWrong."

But there's one person in L.A. that is hot to trot for Armstrong's story — J.J. Abrams.

The Star Trek director and Lost co-creator is reportedly set to produce a film about Armstrong's life, according to the Hollywood Reporter. Abrams and Paramount Pictures recently acquired the rights to New York Times sportswriter Juliet Macur's book Cycle of Lies: The Fall of Lance Armstrong, which is set to be released in June.

Sony Pictures has been working on a much more complimentary Armstrong movie for years, with Jake Gyllenhaal reportedly attached to star at one point.

Those plans were scrapped after Armstrong was stripped of his Tour de France titles in August of 2012.

This is a perfect pairing. After all, Abrams and Armstrong are two figures famous for spinning wheels and disappointing endings.

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Winter fun

Make the most of snow days this year

Snow days and longer evenings don't have to mean hibernating in front of the television all winter. The colder months are a perfect time to spend quality time together as a family.

Try some of these activities to keep your kids active and entertained:

Get your game on
Encourage kids to burn off energy by playing video games that promote exercise. Choose games that engage your whole body like Just Dance or Sports Champions for PlayStation. Or, if you have enough room, set up an indoor hopscotch court or play a traditional game of hide and seek.

Fun with forts
Going to the playground isn't an option during the winter, but building a fort is definitely the next best thing. Help kids use blankets and couch cushions to build a castle, a cave or whatever they can imagine. As a bonus activity, have them draw pictures of how they imagine the fort, complete with creatures who would live there.

Blast boredom with books
Cuddling up with your kids to read books is a great way to spend quality time together. Don't limit it to story books. Consider searching for words together in a word search book, or search for Waldo in a picture book. Or for something completely different, check out Wonderbook: Book of Spells for PlayStation. This book uses augmented reality to transport your family to a virtual classroom to learn spells from the world of Harry Potter. NEWS CANADA

Exclusively online

- Mommy finds it a little unsettling that you're already more tech savvy than her, although she does appreciate that you've helped her discover 90 per cent of her iPhone's functionality. Follow along with the comedic (mis)adventures of mommyhood online with Reasons Mommy Drinks at metronews.ca/voices

Parenting resolutions for 2013

Family. A few tips to keep in mind this year from the author of The Mom Book

DOROTHY ROBINSON
Metro World News in New York City

Motherhood is one of the hardest jobs around, and you can't even list it on your resumé.

Here are some tips from Stacy DeBroff, author of The Mom Book and founder and CEO of Mom Central, Inc., a company devoted to providing pragmatic advice to strengthen and simplify the lives of busy families.

Make time to replenish your energy
Between post-holiday exhaustion, the winter blues and the normal frenetic pace of parenting, moms often find their energy depleted at the start of a new year.

Make 2013 the year you carve out time to take care of yourself, whether you kick-start your long-dormant book club, sign up for an exercise class or explore your inner creativity with a new artistic endeavor like photography or ceramics.

Most importantly, resolve to keep these efforts up as the year progresses.

Help kids understand that electronics aren't a constitutional right
With kids spending hours each day online and texting at every opportunity, they live much of their lives in digital rec rooms.

This year, remember that even digital natives need limits, so set sound guidelines with them. Establish timing parameters on when they can and can't go online, keep computers only in public spaces like the kitchen or family room and make sure kids share social media passwords with mom and dad.

Stay true to yourself
While moms typically develop their own parenting beliefs and style over the years, it remains a challenge to stay true to these principles when you discover that other parents have a very different approach.

Even if you learn — or your kids tell you — that other moms buy laptops for kids once they start fifth grade or let them stay home alone, stand firm and parent according to what you believe.

Stay true to your parenting principles, even if you discover other parents have a different approach, says Stacy DeBroff, author of The Mom Book. ISTOCK IMAGES

For the dads

The Honourable Gregory W. Slayton, parent expert, former U.S. ambassador and author of Be A Better Dad Today: Ten Tools Every Father Needs, shares some tips about parenting:

Commit to dinner at least twice a week: It's not difficult and statistically it's proven to be very important. Even if you're a divorced or single dad, you need to make sure you sit down and really have dinner with your children. Don't look at your phone, don't read the paper. Talk. And do it twice a week.

Do something fun with your family at least once a week: In addition to dinner, be sure to do something else. Go to a park, go fishing, go to a museum or go on a bike ride. Doing fun things with your kids is important and contributes to their well-being and sense of self-esteem. It's vital to you and your children and has the bonus of being enjoyable.

Learn more about fatherhood: Fatherhood is one of the least understood roles that we have as men today. There are thousands of books out there about being a better businessman and self-help books by the gazillion. But when it comes to fatherhood, there are very few books out there. That's why I wrote mine, I didn't have a father when I was growing up and didn't have any guidance. Commit to learning more about fatherhood and improving your growth as a parent.

Research shows that a diet high in fast food might affect immunity. ISTOCK IMAGES

Fast food linked to more health problems in kids

Consuming three or more servings of fast food per week is linked to allergic asthma, eczema and rhinitis in children, respiratory journal Thorax says.

The findings are supported worldwide — the researchers studied data from more than 319,000 13- and 14-year-olds in 51 countries, and more than 181,000 six- and seven-year-olds in 31 countries.

The young people and their parents were asked about their diets and if they had symptoms of asthma, runny noses, itchy eyes and eczema.

The researchers found that the only food type that showed the same symptoms across both age groups — notwithstanding gender or wealth — was fast food.

The study's authors say that a diet high in fast food contains high levels of saturated and trans fatty acids, which affect immunity.

They note that the results do not indicate cause and effect, but that they do warrant more investigation.

MEREDITH ENGEL/MWN

Cut the fat with garlicky, spicy Potato Wedge Fries

This recipe serves 6. MARK SHAPIRO/ROSE REISMAN'S COMPLETE LIGHT KITCHEN

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These are the best and healthiest french fries you'll ever eat — forget deep-fried fast-food fries that can contain more than 20 grams of fat for a small serving.

Experiment and use any seasonings you like. You can cut the potatoes early in the day, as long as you keep them in cold water so they won't brown.

One serving of these fries (four wedges) is only 156 calories with 5.3 grams of fat.

Ingredients

- 3 large baking potatoes, scrubbed
- 2 tbsp olive oil
- 1 tsp minced fresh garlic
- 2 tbsp grated Parmesan cheese
- 1/4 tsp chili powder
- 3 tbsp chopped fresh parsley

1. Preheat the oven to 375 F. Spray rimmed baking sheet with cooking oil.

2. Cut each potato lengthwise into 8 wedges. Place on the prepared baking sheet.

3. Combine the oil and garlic in a small bowl. Combine the cheese and chili powder in another small bowl. Brush the potato wedges with half the oil mixture, then sprinkle with half the cheese mixture.

4. Bake for 20 minutes. Turn the wedges; brush with the remaining oil mixture and sprinkle with the remaining cheese mixture.

5. Bake for another 20 minutes, or just until potatoes are tender and crisp. Sprinkle parsley on top.

ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN

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Starbucks doesn't just have a wide range of delicious drinks. It also offers sweet treats, but some are better than others.

Starbucks Banana Loaf

430 calories, 17 g fat
Banana loaf sounds nutritious, but this is similar to a high-calorie and high-fat muffin. The oil, sugar and eggs are the guilty ingredients.

Equivalent

A slice of Starbucks banana loaf is equivalent to 19 Hershey kisses in calories.

Starbucks Marshmallow Dream Bar

210 calories, 4 g fat
This may not be nutritious, but in terms of calories and fat it's a much better choice.

Appetizer. Learn the art of cheese-making with Buttermilk Ricotta Dip

Ingredients

- 3 cups whole milk
- 1 1/2 cups buttermilk
- 1 cup heavy cream
- 1/4 tsp kosher salt
- 1/8 tsp fleur de sel or pink sea salt
- 1 to 2 tbsp olive oil
- Fresh herbs, such as thyme, oregano or basil
- Zest of 1/2 lemon or orange

1. In a saucepan over medium heat, combine milk, buttermilk, cream and salt. Slowly bring mixture to a gentle simmer. As milk solids begin to separate from whey, stir, then return to a gentle simmer. When curds form, turn off heat and let mixture cool for about 30 minutes.

2. Meanwhile, line a mesh strainer with several layers of cheesecloth. Using a ladle, spoon cooled curds and whey into strainer. Place one layer of cloth over the cheese. Strain the cheese at room temperature for 1 to 2 hours.

3. Once strained, discard liquid. The cheese can be used immediately or refrigerated for up to 2 days.

4. Place ricotta in decorative bowl. Form a well in centre. Sprinkle with fleur de sel, then fill well with olive oil. Sprinkle with fresh herbs and citrus zest. THE ASSOCIATED PRESS

Raclette is the new fondue — perfect for casual gatherings

Raclette is the perfect party food. Like fondue, it's all about melting cheese. The biggest difference is that raclette (the name of both the cheese used and the overall dish) is grilled or broiled, rather than cooked in a pot.

Typically, raclette is melted in individual portions using a special raclette grill. The cheese is then scraped onto a person's plate over a serving of boiled potatoes, pickled onions and gherkins.

1. Heat the oven to 200 F.

2. Fill a large pot with potatoes and enough salted water to cover them by 1 inch. Bring to a boil over medium-high heat and cook for 15 minutes or until tender. Drain, then return to the pot, cover and place in the oven to keep warm.

3. While the potatoes are cooking, start the vegetables. In a medium saucepan over medium-high heat, bring vinegar, sugar, salt, paprika and black pepper to a boil, stirring to dissolve sugar and salt. In a large bowl, combine thyme, onions, red peppers, green beans and mushrooms. Pour the hot vinegar mixture over the vegetables, then set aside, stirring occasionally, for 20 minutes.

Ingredients

- 2 lbs new or fingerling potatoes
- Kosher salt
- 1/2 cup rice or sherry vinegar
- 2 tbsp sugar
- 1 tsp kosher salt
- 1/2 tsp smoked paprika
- 1/2 tsp ground black pepper
- 2 tbsp chopped fresh thyme
- 1 cup frozen peeled pearl onions, thawed
- 3 red bell peppers, sliced
- 1 lb green beans, trimmed
- 12 oz button mushrooms
- 4 oz prosciutto
- 4 oz dry salami, sliced
- 1 lb cooked, peeled shrimp
- 1/2 cup marinated artichokes
- 1/2 cup gherkins or cornichons
- 2 lbs raclette cheese, sliced

4. To serve, follow the product directions for heating and using your raclette grill. Arrange potatoes and accompaniments in bowls. Guests can heat their vegetables on the top of the grill and melt their cheese using the grill's broiler. Top potatoes with the vegetables and melted cheese.

THE ASSOCIATED PRESS

The key to success: Even in difficult economies, real estate agents have control over their earnings. ISTOCK

Current careers that could bring in the cash

Field of dreams? Keep a resumé ready for three industries that might just go boom

JULIA WEST
life@metronews.ca

Some industries, such as health care, will always be booming. Other paths are not as obviously fruitful. "Predicting job growth is like predicting where tornadoes will form," says Rich Milgram, CEO of the job-posting website Beyond.com. "You can have all the charts and data in the world, but it's not an exact science."

Milgram says it's all about "looking for trends that can help inform how the job market will fare long-term." We got some help from industry insiders.

The industry: Real estate

"Even after five years of a challenging real estate market, employees of real estate companies are extremely happy with their jobs," says Doug Claffey, CEO of Workplace Dynamics. "The entrepreneurial nature of the industry gives employees a great deal of control over their own destinies and success."

Happiness in homes

"Even after five years of a challenging real estate market, employees of real estate companies are extremely happy with their jobs."

Doug Claffey
CEO of Workplace Dynamics on the real estate industry

The industry: Retail

Talent acquisition company iCIMS pores over data to learn who's receiving the most applications and doing the most hiring.

"At the end of 2012, iCIMS evaluated the data and noted which industries were experiencing an increase in applicant submissions for open positions," says CEO Colin Day. "Retail, transportation and health care all received the largest number of open position applications, with retail ahead in the volume of submissions."

Watch that workforce

The industry: Biosciences

- While 2013 might not be a big year for biosciences and pharmaceuticals, it's an area worth watching.
- "We don't think there's much room for growth with the large pharmaceutical companies," says Chuck Pappalardo, managing director of Trilogy Search. "This sector is too important for us not to keep a close eye on it, but the coming year — and possibly even the next five years — won't be its finest hour.

The In-Credibility Factor

Name: Graham Hawryluk
City: Headingley, Man.
Age: 25
Occupation: President and founder of Meticulous Wood Flooring Inc.

THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

For Graham Hawryluk, a summer job with a flooring company at age 15 grew from a challenge into a passion.

Not even a 50-pound steel bar and bleeding, blistered hands would stop him. Starting his own company right out of high school, he thought he could keep it running while he was going to university, but when his business began to take off, he decided to postpone his degree and concentrate on his company.

Five years later, Graham has eight employees and has carved out a niche market, catering to customers who want high-end flooring.

His company is also eco-friendly — running energy efficient trucks and using water based low VOC coatings for their floors.

I knew I was on my way when ...

Graham Hawryluk PROVIDED

I knew I was on my way when a Winnipeg newspaper did a huge section that was dedicated to entrepreneurs and their businesses weathering the storm during an economic recession. Receiving recognition was a big deal for me because sometimes you feel like you're spinning your wheels where you're just getting by and making ends meet.

The article made me realize that I wasn't just surviving, I was thriving. I have eight employees and business is great.

My future plans call for slow and steady growth, making sure everything is manageable and to maintain the quality that we are associated with.

Action Plan:

Have an accountant and a lawyer on speed dial

There are a lot of questions when running a business and when you have professionals at your disposal it makes life a lot easier. It's also important to surround yourself with good, honest, like-minded people and forge as many genuine relationships as possible

Grow your business slowly

As a young entrepreneur, I had stars in my eyes about fame and fortune. Grow slowly and never bite off more than you can chew.

Be real, be realistic

Be prepared that your business will be your life. Someone who has a nine-to-five job can turn it off and go home, but as a business owner there is no off-switch so you should genuinely enjoy what you do.

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Infinite Horizons

Linebacker Patrick Willis, centre, celebrates after the San Francisco 49ers defeated the Atlanta Falcons 28-24 Sunday in Atlanta. CHRIS GRAYTHEN/GETTY IMAGES

49ers, Ravens win to set up family affair

Super Bowl matchup. Harbaugh brothers — coaches of San Francisco and Baltimore— both winners on Sunday

The clutch quarterback. The genius coach. The big-play defence.

The San Francisco 49ers are ready to start a new dynasty with a familiar formula.

Next stop, the Big Easy.

Colin Kaepernick and Frank Gore led San Francisco to a record comeback in the NFC championship game Sunday, overcoming an early 17-0 deficit to beat the Atlanta Falcons 28-24 and send the 49ers to their first Super Bowl since 1995.

Gore scored a pair of touchdowns, including the winner with 8:23 remaining for San Francisco's first lead of the day, and the 49ers defence made it stand up. A fourth-down stop at the 10-yard line denied Atlanta another stirring comeback after blowing a big lead.

"Everybody does a little," 49ers coach Jim Harbaugh said, "and it adds up to be a lot."

San Francisco (13-4-1) moves on to face Baltimore at New Orleans in two weeks, looking to join Pittsburgh as the only franchises with six Super Bowl titles. It sets up the first Super Bowl coached by brothers, since Baltimore is coached by John Harbaugh.

Joe Montana led the 49ers to four Super Bowl wins and Steve Young took them to No. 5. It's up to Kaepernick and Co. to get No. 6.

"He just competes like a maniac all the time," said Harbaugh, whose much-debated decision to bench Alex Smith at midseason now looks like the best move of the year.

Gore scored a pair of touchdowns, including the game winner with 8:23 remaining for San Francisco's first lead of the day. Davis scored the first TD for the 49ers on a 15-yard run.

"I take my hat off to Atlanta. They played hard. They've got a great team," Gore said. "But we fought, man. We fought and we deserved it."

The 49ers pulled off the biggest comeback victory in an NFC championship game, according to STATS. The previous NFC record was 13 points — Atlanta's victory over Minnesota in the 1999 title game, which sent the Falcons to what remains the only Super Bowl trip in franchise history.

THE ASSOCIATED PRESS

AFC championship

Joe Flacco outduelled Tom Brady, throwing three touchdown passes in the second half and leading the Baltimore Ravens to their first Super Bowl in 12 years with a 28-13 victory over the New England Patriots on Sunday in Foxborough, Mass., for the AFC championship.

WHL

Slumping Pats lose two at home

Eetu Laurikainen stopped 30 shots as the Swift Current Broncos extended their win streak by beating the host Regina Pats 2-1 on Saturday in Western Hockey League action.

Colby Cave and Graham Black scored for the visiting Broncos, who have now won six games in a row.

Morgan Klimchuk scored the lone goal for the Pats and Matt Hewitt made 23 saves in a losing cause.

On Friday night the Pats didn't fare any better. Jaedon Descheneau scored twice for the Kootenay Ice, downing the host Pats 2-1. Regina is winless in five games. THE CANADIAN PRESS

Figure skating

Virtue and Moir golden again

Tessa Virtue and Scott Moir captured their fifth national ice dance title at the Canadian figure skating championships on Sunday.

The two-time world champions and Olympic gold medallists scored 187.23 overall, and their dramatic and sultry "Carmen" free dance brought the capacity crowd of nearly 4,500 fans at the Hershey Centre to its feet.

THE CANADIAN PRESS

Tessa Virtue and Scott Moir celebrate their gold medals on Sunday. THE CANADIAN PRESS

Sabres' top line sticks it to the Flyers

Philadelphia Flyers goalie Ilya Bryzgalov, left, gets ready for a shot by Buffalo Sabres forward Tyler Ennis, Sunday in Buffalo, N.Y. GARY WIEPERT/THE ASSOCIATED PRESS

A nine-month layoff, courtesy of the NHL lockout, wasn't long enough to disrupt the chemistry between the Buffalo Sabres' top two linemates, Thomas Vanek and Jason Pominville.

Vanek scored twice and added three assists, and Pominville had three assists in leading the Sabres to a 5-2 season-opening win over the Philadelphia Flyers on Sunday afternoon.

The Sabres scored the game's final four goals — the last three coming in the final five minutes.

"Good linemates," Vanek said of his career-best outing. "And a little bit lucky at the same time."

He became the first Sabres player with five points in a game since Drew Stafford had three goals and two assists in January 2008.

Cody Hodgson and newly acquired forward Steve Ott also scored for the Sabres, while Ryan Miller made 27 saves. Buffalo ended a five-game skid against the Flyers (1-4-1) and improved to 6-1-1 in its past eight season openers.

Claude Giroux, with his second goal of the season, and Sean Couturier scored for the Flyers, who were coming off a 3-1 season-opening loss to Pittsburgh on Saturday. This marks just the 10th time Philadelphia has opened 0-2.

"The bounces aren't going our way right now," Giroux said. "It's not the start that we're looking for, two losses in a row. But we'll just have to fight through it and come back."

THE ASSOCIATED PRESS

Sunday's game

Sabres	Flyers
5	2

Lakers point guard Steve Nash looks to pass inbounds against the Raptors on Sunday at Air Canada Centre. Nash's first season in Los Angeles has fallen way short of expectations, with the Lakers sitting outside the playoffs at 17-23 after Sunday's 108-103 loss. RENE JOHNSTON/TORSTAR NEWS SERVICE

Nash sees big picture amidst L.A. struggles

NBA. Canadian star finding his game after disappointing start to season with Lakers

Steve Nash took a pass at the high post, streaked past a couple Toronto defenders and opened the scoring for the Los Angeles Lakers on Sunday with an easy layup.

It was the kind of play Toronto fans hoped Nash would one day make in a Raptors uniform. Instead his lone appearance at Air Canada Centre this season came in Lakers purple and gold.

Nash considered a move north last summer, but eventually agreed to a sign-and-trade deal with the Lakers, deciding to play for a team that appeared primed for a run at a title. Los Angeles is also a short flight from Phoenix — where his three children live — and that helped seal the deal. Hollywood's gain was Toronto's loss.

"It was definitely a huge option for me, especially if the Lakers situation didn't happen," Nash said Sunday. "But the Lakers situation, basketball-wise, I think it was a good option ... to be close to my kids and to be able to see them as much as I have this year has been priceless."

Canada's best-known basketball export returning to his home country would have been a huge catch for Toronto.

"It was difficult for me to say no to the Raptors, not just for the fans but all those people upstairs that I've known for many years," he said.

At 38, Nash is getting on in years, but he's in tremendous shape and is showing no signs of slowing down. He missed 24 games this season due to a fracture in his left leg, but has been effective since his return. Nash scored 16 points and added nine assists Sunday, but the Lakers' recent struggles continued with a 108-103 loss to Toronto.

Los Angeles fell to 17-23 on the season. They've had three different head coaches this season. The roster is loaded with superstars like Nash, Kobe Bryant, Pau Gasol and Dwight Howard, but that hasn't led to victories.

"I'm always up for a challenge. I think it keeps you engaged and it keeps you extremely motivated," Nash said. "Just fighting every day to try to turn this thing around."

THE CANADIAN PRESS

Sunday's game

Raptors	Lakers
108	103

Quoted

"I think that's one of the things that I maybe didn't expect is that this would be the most challenging year of my career in many ways."

Lakers guard Steve Nash

Dino delivers

Calderon steals show from Lakers in Toronto

After letting two games slip away in overtime, Jose Calderon and the Toronto Raptors closed one out Sunday.

Calderon had 22 points and nine assists to lead Toronto to a 108-103 win over the Los Angeles Lakers. The victory snapped a four-game losing streak for the Raptors.

"It was good," Calderon said. "We led a couple of games with big leads and it was just us.

"It's just some mental mistakes and things we do, but we have to keep competing. We can compete against everybody in this league, but we have to do it for 48 (minutes)."

Calderon was 9-for-15 from the field and 1-for-4 from three-point range, often with Lakers star Kobe Bryant in his face.

"He (Bryant) is a great all-around player, he can play really good defence," Calderon said.

THE CANADIAN PRESS

Ottawa camp last look ahead of women's worlds

The national women's hockey team camp starting Monday in Ottawa is head coach Dan Church's last look at players before he names his world championship team.

Ottawa is the host city of the 2013 women's world championship from April 2-9 at SBP Arena and the Nepean Sportsplex. The Canadian women will attempt to defend the gold medal they won in 2012 in Burlington, Vt.

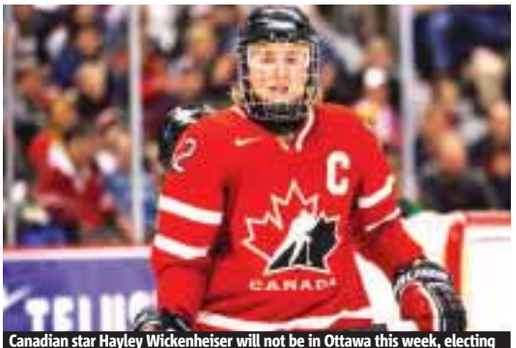
Church says he will name the players he wants to try out for the 2014 Olympic team shortly after the world championship.

Three goaltenders, seven defenders and 13 forwards will hit the ice Monday at Carleton University for a five-day camp.

Captain Hayley Wickenheiser will not be among them because of school commitments at the University of Calgary.

"For Wick, it was school," Church said. "She's closing in on the end of her academic undergrad degree. We talked about it. She wanted to come. I said, 'If it's too much stress and pressure, why don't you stay?' She's in a good club environment there in Calgary."

Wickenheiser plays for the University of Calgary Dinos and gets regular practices and games, the coach pointed out.



Canadian star Hayley Wickenheiser will not be in Ottawa this week, electing instead to continue her studies at the University of Calgary. PHILLIP MACCALLUM/GETTY IMAGES FILE

Quoted

"It's definitely an opportunity to polish up some of our tactical play five-on-five and specialty teams."

Canadian women's coach Dan Church on his goals going into this week's camp in Ottawa

All but one of the players invited to the Ottawa camp play in the Canadian Women's Hockey League.

The practice and game schedules of the CWHL players are more erratic than those of the players in school, which is why so many CWHL players have been summoned to Ottawa, says Church. He also didn't want to pull his college and university players out of school and interrupt their studies at this time.

"We want to continue with our skill development, work on the fine skills and the technical aspects of the game," he said. "That's definitely a goal for this camp.

"Whenever they come together in a camp, we're always looking at evaluation and this will be our last opportunity to see people together before we name the worlds team in March."

THE CANADIAN PRESS

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Miami	26	12	.684	—
New York	25	13	.658	1
Indiana	25	16	.610	2½
Brooklyn	24	16	.600	3
Chicago	23	16	.590	3½
Atlanta	22	18	.550	5
Milwaukee	21	18	.538	5½
Boston	20	19	.513	6½
Philadelphia	17	23	.425	10
Toronto	**15**	**26**	**.366**	**12½**
Detroit	14	25	.359	12½
Orlando	14	26	.350	13
Charlotte	10	30	.250	17
Cleveland	10	32	.238	18
Washington	8	30	.211	18

WESTERN CONFERENCE

	W	L	Pct	GB
Oklahoma City	32	8	.800	—
L.A. Clippers	32	9	.780	½
San Antonio	32	11	.744	1½
Memphis	26	13	.667	5½
Golden State	24	15	.615	7½
Denver	24	18	.571	9
Utah	22	19	.537	10½
Portland	20	20	.500	12
Houston	21	21	.500	12
Minnesota	17	20	.459	13½
Dallas	18	24	.429	15
L.A. Lakers	17	23	.425	15
Sacramento	16	25	.390	16½
New Orleans	13	27	.325	19
Phoenix	13	28	.317	19½

Sunday's results
Toronto 108 L.A. Lakers 103
Dallas 111 Orlando 105
Boston at Detroit
Oklahoma City at Denver
Saturday's results
Sacramento 97 Charlotte 93
San Antonio 98 Atlanta 93
Memphis 85 Chicago 82 OT
Minnesota 92 Houston 79
Golden State 116 New Orleans 112
Utah 109 Cleveland 98
Milwaukee 110 Portland 104
L.A. Clippers 94 Washington 87
Monday's games — All Times Eastern
Indiana at Memphis, 1 p.m.
Sacramento at New Orleans, 1 p.m.
Houston at Charlotte, 2 p.m.
Minnesota at Atlanta, 2 p.m.
Brooklyn at New York, 3:30 p.m.
L.A. Clippers at Golden State, 4 p.m.
San Antonio at Philadelphia, 7 p.m.
L.A. Lakers at Chicago, 9:30 p.m.
Washington at Portland, 10 p.m.

RAPTORS 108, LAKERS 103

L.A. LAKERS (103)
Bryant 10-32 3-3 26, Gasol 10-15 5-6 25, Nash 5-11 4-4 16, Clark 6-10 1-2 14, World Peace 3-9 1-1 9, Jamison 2-6 0-0 5, Howard 1-3 3-4 5, Morris 1-1 0-0 2, Duhon 0-1 1-1 1. Totals 38-88 18-21 103.
TORONTO (108)
Calderon 9-15 3-3 22, Fields 8-11 2-4 18, Davis 9-13 0-2 18, Anderson 5-13 1-2 14, Johnson 4-6 1-2 9, DeRozan 4-9 0-0 8, Lowry 2-3 2-3 8, Gray 2-5 1-1 5, Ross 2-7 0-0 4, Acy 1-2 0-0 2. Totals 46-84 10-17 108.

L.A. Lakers	**20**	**29**	**21**	**33 —103**
Toronto	**29**	**24**	**30**	**25 —108**

3-Point Goals—L.A. Lakers 9-27 (Bryant 3-12, World Peace 2-6, Jamison 1-4, Nash 2-3, Clark 1-1, Duhon 0-1). Toronto 6-20 (Anderson 3-7, Calderon 1-4, Ross 0-4, Lowry 2-3, Fields 0-1, DeRozan 0-1).
Rebounds—L.A. Lakers 37 (Clark 14, Jamison 5, Gasol 5, Bryant 4, World Peace 3, Duhon 2, Howard 2, Nash 1, Sacre 1). Toronto 40 (Fields 10, Johnson 8, Davis 8, Lowry 4, DeRozan 3, Calderon 2, Gray 2, Anderson 2, Ross 1). **Assists**—L.A. Lakers 20 (Nash 9). Toronto 27 (Calderon 9).
Total Fouls—L.A. Lakers 15, Toronto 22.
Attendance—19,800 at Toronto. T—2:15

GOLF

PGA — HUMANA CHALLENGE

At La Quinta, Calif.
Par 72
Final round

Brian Gay, $1,008,000	67-66-67-63—263
Charles Howell III, $492,800	67-65-67-64—263
David Lingmerth, $492,800	68-64-69-62—263
James Hahn, $246,400	63-67-72-62—264
Scott Stallings, $246,400	66-65-63-70—264
Also:	
Stephen Ames, $22,400	**67-68-68-68—271**
Brad Fritsch, $11,424	**69-65-71-70—275**
Graham DeLaet, $11,424	**71-70-65-69—275**

NFL

CONFERENCE CHAMPIONSHIPS

Sunday's results
NFC — San Francisco 28 Atlanta 24
AFC — Baltimore at New England

SUPER BOWL XLVII

Sunday, Feb. 3 — All Times Eastern
At New Orleans, La.
AFC champions vs. San Francisco, 6 p.m.

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	1	1	0	0	3	1	2
New Jersey	1	1	0	0	2	1	2
NY Islanders	1	0	1	0	1	2	0
NY Rangers	1	0	1	0	1	3	0
Philadelphia	2	0	2	0	3	8	0

NORTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Ottawa	1	1	0	0	4	1	2
Buffalo	1	1	0	0	5	2	2
Boston	1	1	0	0	3	1	2
Toronto	1	1	0	0	2	1	2
Montreal	1	0	1	0	1	2	0

SOUTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Florida	1	1	0	0	5	1	2
Tampa Bay	1	1	0	0	6	3	2
Washington	1	0	1	0	3	6	0
Winnipeg	1	0	1	0	1	4	0
Carolina	1	0	1	0	1	5	0

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
St. Louis	1	1	0	0	6	0	2
Chicago	1	1	0	0	5	2	2
Columbus	1	1	0	0	3	2	2
Nashville	1	0	0	1	2	3	1
Detroit	1	0	1	0	0	6	0

NORTHWEST DIVISION

	GP	W	L	OL	GF	GA	Pt
Minnesota	1	1	0	0	4	2	2
Edmonton	0	0	0	0	0	0	0
Colorado	1	0	1	0	2	4	0
Calgary	1	0	1	0	1	4	0
Vancouver	1	0	1	0	3	7	0

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	1	1	0	0	7	3	2
San Jose	1	1	0	0	4	1	2
Dallas	1	1	0	0	4	3	2
Phoenix	1	0	1	0	3	4	0
Los Angeles	1	0	1	0	2	5	0

Sunday's results
Buffalo 5 Philadelphia 2
San Jose 4 Calgary 1
Pittsburgh at NY Rangers
Dallas at Minnesota
Edmonton at Vancouver
Chicago at Phoenix
Monday's games — All Times Eastern
Tampa Bay at NY Islanders, 1 p.m.
Winnipeg at Boston, 1 p.m.
St. Louis at Nashville, 6 p.m.
Buffalo at Toronto, 7 p.m.
Florida at Ottawa, 7:30 p.m.
Detroit at Columbus, 7:30 p.m.
Anaheim at Calgary, 9 p.m.

See today's answers at metronews.ca/answers.

Horoscopes

♈ Aries
March 21 - April 20
Something you desire will be offered to you either today or tomorrow but for some strange reason you will be reluctant to take it. Maybe deep down you don't think you have earned it. What can you do to change that?

♉ Taurus
April 21 - May 21
Your confidence will receive a boost today but don't go to extremes and start believing that you can do no wrong. On the work front, especially, you still need to be cautious. Don't give your rivals an opportunity to pounce.

♊ Gemini
May 22 - June 21
There may be no such thing as the perfect day but with the Sun now moving through your fellow Air sign of Aquarius this one will come close. Good things will come to you if you let them. Believe you deserve it.

♋ Cancer
June 22 - July 23
Your no-nonsense approach will cut through other people's doubts and lay bare the facts of a situation that has been causing mayhem. Once you know what is wrong you can start looking for ways to put it right.

♌ Leo
July 24 - Aug. 23
There is something that you really want, something that you have desired for as long as you can remember – and that something is now yours for the asking. Looking back you will wonder why it took so long.

♍ Virgo
Aug. 24 - Sept. 23
It may seem as if the world is out to get you but it isn't true. Neptune in Pisces makes certain issues seem more important than they actually are. The only things that really matter are the things that make you smile.

♎ Libra
Sept. 24 - Oct. 23
You will be at your best over the next 24 hours but take care you don't come across as too domineering as that could cause unnecessary friction. Libra is the sign of relationships, so stay on good terms with everyone.

♏ Scorpio
Oct. 24 - Nov. 22
Some of your current insights may owe more to wishful thinking than to genuine intuition but is that such a bad thing? No matter how way-out your vision may be if you can imagine it you can also create it.

♐ Sagittarius
Nov. 23 - Dec. 21
You may have to give up a certain amount of independence this coming week. You may have to let friends and family guide you in the right direction. Is that so hard? If it's the right direction you should be grateful.

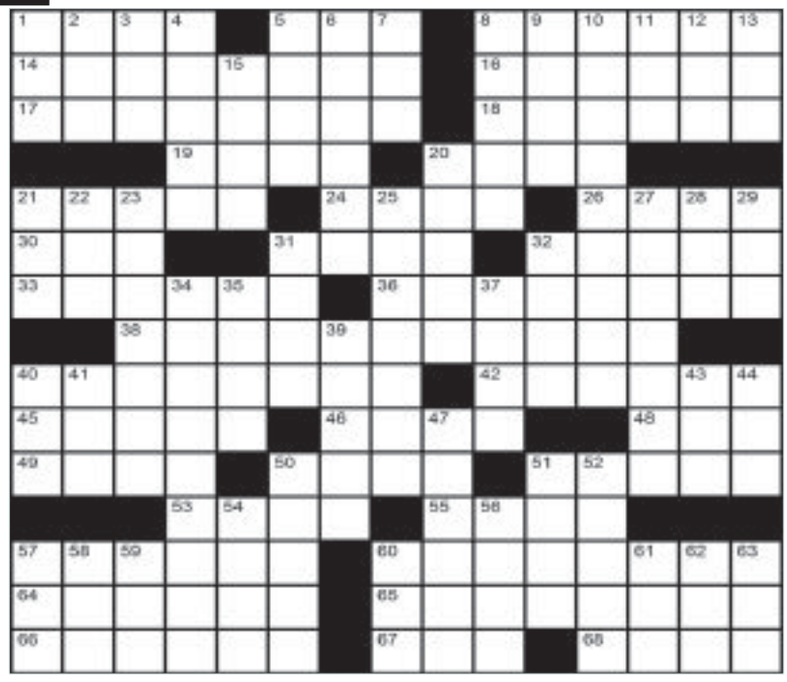
♑ Capricorn
Dec. 22 - Jan. 20
Something will come so easy to you today that you might think there is some sort of catch. And chances are you are right — there is. Neptune's influence means you cannot take anything for granted.

♒ Aquarius
Jan. 21 - Feb. 19
The Sun is now moving through your birth sign, which is great, but it does not mean you have to do everything in a rush. Spend some time today identifying your desires and drawing up your plans.

♓ Pisces
Feb. 20 - March 20
You are in one of your secretive moods at the moment and anyone who tries to find out what you are up to will be told to mind their own business. Quite right. The less others know the better it will be for you. SALLY BROMPTON

Crossword: Canada Across and Down

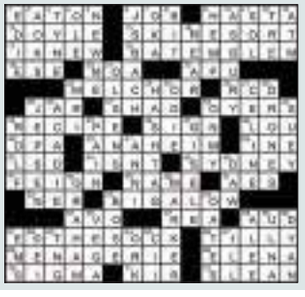
BY KELLY ANN BUCHANAN



Across
1. "Mr. Holland's __" (1995)
5. Son of Atticus in To Kill a Mockingbird
8. CBC series, "__ Air"
14. Ontario folk festival since 1961
16. Followed a recipe
17. Robert Redford's film festival
18. Kitchen outfits
19. __ Marie Presley
20. It means 'the same' in Latin
21. Dermatology tool
24. Throw the football
26. Loonies
30. _ __ mode
31. Mr. Lugosi
32. "Time in a Bottle" by Jim __
33. Switch sort
36. Newfoundland and __
38. Barenaked Ladies tune: 4 wds.
40. __ National Park, BC
42. Real
45. Rock drill
46. Jackie Wilson's "__ Petite"
48. 'Start With Trust' is this org.'s slogan
49. Glide
50. Un-evens
51. Clint Eastwood's "Rawhide" role, Rowdy __
53. Unruly crowds
55. Zen riddle
57. Puccini opera, __ Butterfly
60. Canadian puppets, Casey and __
64. Sister of Moses
65. Distinction
66. Curved stone bench in ancient times
67. Decay
68. Type of tape

Down
1. Mantric syllables
2. "Heart and Soul" by T'__
3. Vase
4. Sashay
5. Stewart and Lovitz
6. "The Great __" (1963)
7. Ms. West
8. Mil. schools
9. Climber's need
10. RCAF search & rescue helicopter, CH-149 __
11. Boxing stat.
12. "Canada AM" co-host, Marci __
13. Li'l music keepers
15. Match
20. Singer/actor Chris
21. Chap
22. Will Smith movie
23. Bon Jovi guitarist Richie
25. Mixed, as metals
27. "Don't Speak" group: 2 wds.
28. Green
29. Sun. message
31. Welsh opera singer Mr. Terfel
32. Dundee's fave reptile
34. Lovely Rita's gig: 2 wds.
35. 911-calling reason, for short
37. "The Love __"
39. NFL units
40. PC information units
41. Tic-Tac-Toe win
43. Pres. Lincoln
44. Weight loss losses, commonly
47. Edmonton football player
50. President Barack __
51. Canadian writer Mr. Martel
52. _-__-to-know basis
54. Mr. Sharif
56. "Don't bet __!": 2 wds.
57. Montreal Mrs.
58. __-en-Provence, France
59. Music Dr.
60. Iron: French
61. Wildebeest
62. Leafs arena, commonly
63. Goaltender's defence area63. 1987 to 1994 'Star Trek' series, to fans
64. Mork's planet
65. Nero's 102
67. __-advised

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	3		8		2		4	
6			1		5			9
	7			9			3	
		8				4		
4	6						2	1
		7				5		
	9			6			1	
1			2		9			3
	2		3		7		5	

Friday's Sudoku

Sharability

easy hard

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